

# ARKANSAS WING SAFETY



*Electronic Safety* – Car warranty Scam call have been getting worse. Don't fall for the trap.

https://tinyurl.com/y67ozf55

### What information are you DRIVING around?



**Vehicle Safety** – Be Careful about Labeling your car.

**Seasonal Safety** – Wear helmets and pads when cycling or skateboarding.

https://www.youtube.com/watch?v=EHh1YYLSuhc







**Home Safety** – Keep dead grass away from your home.

https://www.youtube.com/watch?v=DUNG8v9E9Vc

**Personal Safety** – Have a good 1<sup>st</sup> Aid kid with you in your home AND car.

https://www.youtube.com/watch?v=dPsVTY5mTC0

Flying Safety – It's hot up there – HYDRATE!



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Mental Health Tips - Set up a getaway. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!





### Resiliency Tips - The Purpose Check-Up Activity

If you have already tapped into purpose, consider doing a short check-up exercise that allows for you to reflect, take inventory, and recharge.

The purpose checkup activity is available <u>here</u>. <u>Here</u> is his Manifesto for Purpose and 10 Questions for Unlocking the Power of your Purpose.

Here is a helpful <u>blog and activity form</u> on how to unlock the power of purpose.

### **Bounce Back Tips** - Ask For Feedback

When faced with failure, most of us have the immediate inclination to just run the other way--dealing with it head-on can feel a little too mortifying.

But, sucking up your pride and asking for some feedback is crucial for turning those circumstances around and using them to better yourself. So, when a situation warrants it, grab the bull by the horns and find out what you could've done better.

No, it's not always easy. But it can make all the difference.

